

# Dutch Oven Pot Roast

**RUMP ROAST (MUST BE LABELED RUMP NOT  
BOTTOM ROUND)**

**2 TBSP. WHITE LILY ALL-PURPOSE FLOUR  
1 TSP. SALT  
1/2 TSP. BLACK PEPPER**

Preheat a Dutch oven. Combine flour, salt and pepper and rub roast well on all sides. Add 1/4 cup shortening or cooking oil to Dutch oven. Brown all sides well.

**1/4 TSP. HOT SAUCE (I USE SRIRACHA CHILI SAUCE OR  
TOBASCO)  
1 CAN PETITE DICED TOMATOES  
1/2 TSP. WEBER STEAK-N-CHOP  
1 ONION SLICED THIN  
2 TSP. THYME  
1/2 CUP WATER  
REMAINING FLOUR RUB**

Add hot sauce, tomatoes, steak seasoning, onion, thyme, water, and remaining flour rub.

Stovetop directions:

Simmer on low for 1.5 hours with lid on. Turn roast and simmer for 2 more hours. Slice across grain. Ingredients make a sauce in bottom of pot to serve over meat.

Oven directions: Use a meat thermometer and cook at 325 degrees until desired temperature is reached. Remove from oven. Slice across grain.

*“The trick to cooking a great tender roast is not to boil the meat. Cook all roasts on a low temperature.” -Tammy*